

Aging Detection in Female Based on Antioxidant Status

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Abstract	<p>Aging is initiated by the accumulation of free radicals. Antioxidants which were known to control the reactivity of free radicals can be assumed as an anti aging. This study aimed to determine the age of the onset of aging in female based on antioxidant status. The analytical observational study with purposively random sampling design was conducted in Purwokerto in the year of 2008 with 34 females included toddlers, children, adolescents, adults, old, and elderly who were healthy, and live in Purwokerto. Antioxidant status was known by enzyme activities of superoxide dismutase (SOD), catalase, glutathion peroxidase (GSH-PX) in the erythrocytes and malondialdehyde (MDA) levels in the plasma. Data were tested by analysis of varians (ANOVA). Antioxidant status in healthy female from toddlers to the elderly were prime as indicated by the high SOD, catalase, and GSH-PX activities that ranged 1,469+3.58-2,009+4.12 U/mg; 20.37+0.01-31.45+0.04 UI/mg; 79.03+0.01-225.2+0.04 mu mol/g protein of erythrocytes, respectively; supported by low levels of MDA that ranged from 3,134+2.56-3,185+3.06 pmol/mL plasma. In general, the decrease in antioxidant status occurred in adults, so at that age female began to need additional antioxidant supplements in order to inhibit the rate of aging processes in the body.</p>
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